

Helpful websites for healthy eating and active living

English:

<http://movement.livewellcolorado.org>

<http://www.choosemyplate.gov/>

<http://www.letsmove.gov/>

<http://www.eatright.org/Public/>

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt

Spanish:

<http://movimiento.livewellcolorado.org/>

<http://www.choosemyplate.gov/en-espanol.html>

<http://www.letsmove.gov/en-espanol>

<http://www.eatright.org/espanol>



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Family Planning Program
Prevention Services Division

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Healthy You!

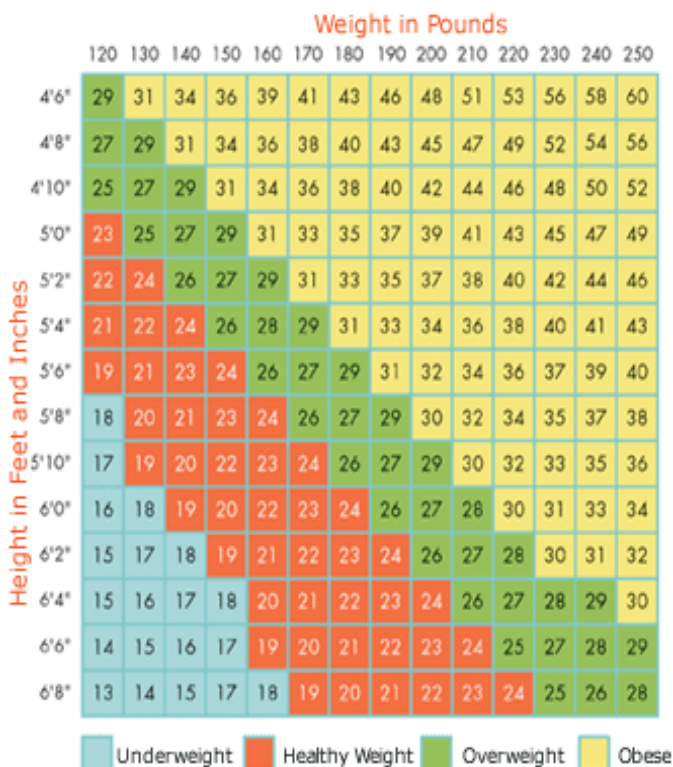
By the Colorado
Department of
Public Health &
Environment

What is a healthy weight?

Being a healthy weight can help prevent and control high blood pressure, heart disease, diabetes and stroke. One tool to assess your health is **BMI or Body Mass Index**. This is a measure of your height and weight.

A **high BMI (over 25)** usually means you have a higher amount of body fat and a higher health risk. Find your height, weight and BMI on the chart below. If you are overweight or obese, talk to your health care provider about steps you can take to reduce your risk level.

Body Mass Index (BMI)



Tips for Healthy Eating

From ChoseMyPlate.gov

- Fill half your plate with fruits and vegetables.
- Make at least half your grains consumed whole grains.
- Switch to fat free or low fat (1%) milk or try fortified soy milk.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group.
- Choose lean or low-fat meat and poultry.
- Oils are not a food group, but they do provide essential nutrients.
- Drink water instead of sugary drinks.

Physical Activity Tips

From ChoseMyPlate.gov

- Pick activities you enjoy and that fit into your life.
- Daily activities like walking, gardening and climbing up the stairs all count.
- Be active with family and friends. Having a support network can help you stay active.
- Try limiting your total screen time to two hours a day outside of work or school.
- Use the time you watch television to be physically active in front of the television. Walk in place or on a treadmill while watching your favorite shows, or do jumping jacks during commercials.
- Limit eating while watching television.

Try these other health tips

For healthy strong bones you need to:

- Perform weight bearing exercises.
- Stop smoking.
- Moderate your alcohol use.
- Take Vitamin D 400 to 800 IU a day.
- Take Calcium 1000 to 1300 mg a day from food or supplements.

Calcium is important to prevent bone loss. Dairy products provide the richest sources of calcium. Calcium fortified juices also provide a good source of calcium.

If you have anemia, eat plenty of iron rich food. Lean red meats, fish and poultry provide the most iron. Other foods like beans, peas and spinach also provide some iron. Your health care provider may recommend an iron supplement.

Take a multi vitamin with folic acid every day. Folic acid can also be found in enriched grain products, deep green vegetables like broccoli and spinach, and citrus fruit like oranges and nuts. Folic acid may help prevent heart disease and certain cancers. For women of child-bearing age, folic acid may help prevent defects to a baby's brain and spine, called Spina Bifida, if taken before and during a pregnancy.